



FISH AND WILDLIFE SERVICE

For Immediate Release.

*Office Memorandum,
HE and FW-Fo Mailing List*

1/22/44

DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

To the housewife bogged-down in a menu rut during these wartime days of meat shortages, it is good news that domestic rabbit meat provides an appetizing, nourishing, and easily-digested food. All of its meat is white like the breast of a chicken, fine-grained, delicately flavored, and highly nutritious. And, what's more, it is not rationed.

As an aid to the housewife who must solve the problem of shortages by serving replacement foods, the Fish and Wildlife Service of the United States Department of the Interior, offers some interesting new recipes for cooking rabbit meat, developed from a series of cooking experiments now being conducted at the Service's technological laboratory at College Park, Md.

Miss Edith E. Hopkins, Service food technologist, who is supervising these experiments, indorses barbecuing as one of the best methods of bringing out the delicate flavor of rabbit meat, and offers two kitchen-tested recipes adapted especially for use in wartime since fortified margarine or vegetable shortening is substituted for butter. All recipes are for six serving portions.

Barbecued Rabbit

3 $\frac{1}{2}$ --4 pound dressed rabbit	
$\frac{1}{2}$ cup butter or fortified margarine	1 teaspoon sugar
$\frac{1}{3}$ cup grated onion	2 tablespoons lemon juice
1 tablespoon salt	2 teaspoons Worcestershire sauce
$\frac{1}{4}$ teaspoon pepper	$\frac{1}{2}$ cup water

Cut off the fore legs and hind legs of the rabbit, separating the hind legs into two pieces at the joint. Cut the saddle into four pieces and then cut the two largest sections in half by splitting them down the backbone. Wash the pieces of rabbit in lukewarm water, drain and dry.

Melt the butter and brown the onion lightly. Add the seasonings and water and bring to a boil. Place the sections of rabbit on the greased rack of a greased shallow baking pan and pour $\frac{1}{2}$ of the above mixture over the rabbit. Place in a 400°F. (hot oven) for 1 hour and 15 minutes, basting every 20 minutes with $\frac{1}{4}$ of the above mixture. When half done, turn the rabbit over.

Western Barbecued Rabbit

3 $\frac{1}{2}$ --4 pound dressed rabbit	$\frac{1}{2}$ cup catsup
$\frac{3}{4}$ cup onion, chopped fine	1 $\frac{1}{2}$ tablespoons Worcestershire sauce
$\frac{1}{2}$ cup celery, diced	$\frac{1}{2}$ tablespoon prepared mustard
$\frac{3}{4}$ cup vegetable shortening, melted	1 cup water
2 tablespoons vinegar	1 teaspoon salt
2 tablespoons lemon juice	$\frac{1}{8}$ teaspoon red pepper

Cut off the fore legs and hind legs of the rabbit, separating hind legs into two pieces at the joint. Cut the saddle into four pieces and then cut the two largest center sections in half by splitting them down the backbone. Wash the pieces of rabbit in lukewarm water, drain and dry.

Brown onion and celery in the shortening. Add the remaining ingredients and simmer 15 minutes in a covered pan. Pour $\frac{1}{2}$ of the mixture over the rabbit which has been placed on the greased rack of a greased shallow baking pan. Place in a 350°F. (moderate oven) for 1 $\frac{1}{2}$ hours, basting every 25 minutes with $\frac{1}{4}$ of the mixture. At the end of 45 minutes turn each piece over.